



Oats 101

Explore Oats: A Nutritional Powerhouse

For 140 years, Quaker has been the leading expert in oats and has been dedicated to researching this powerful grain to understand all that it has to offer. To date, a multitude of nutrition and health benefits provided by the mighty oat have been uncovered through both Quaker funded and industry research.



Nutritious

This whole grain supplies 4 grams of fiber per ½ cup (40 grams) of raw oats, along with vitamin B1 (thiamin), phosphorous, and magnesium. Plus, oats are both sodium and cholesterol free, and inherently low in fat and saturated fat.



Heart Health

The relationship between oatmeal and heart health was the first food-specific health claim approved by the FDA. This claim states, "soluble fiber from oatmeal as a daily part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Three grams daily are needed for this benefit." A serving of Old Fashioned Oats provides 2 grams and a serving of instant oatmeal provides 1 gram.



Digestive Health Potential

A ½-cup (40-gram) serving of raw oats are a good source of fiber, and fiber may help support a healthy digestive system. Nutrition experts recommend eating 25-30 grams per day.



Gluten Free

While oats are naturally gluten free, they may come in contact with gluten-containing grains throughout the production process. That's why Quaker's milling experts developed a breakthrough system to deliver gluten free oatmeal consumers can trust, and provide those with celiac disease important nutrients like fiber. Look for specially marked packages to identify which Quaker products are gluten free.





Discover the Powerful Nutrition of the Oat

Contrary to popular belief, all varieties of oats – Old Fashioned, Quick, Instant, and Steel Cut – on an ounce per ounce basis, provide the same amount of calories, fiber, and nutrients.* Where they differ is shape, texture, and cook time, so here is everything you need to know to make your favorite variety of Quaker Oats.



Old Fashioned

Traditional rolled oats

Cook in about 5 minutes on the stovetop or 2 ½ to 3 minutes in the microwave.



Quick

Rolled and cut

Cooks in 1 minute on the stovetop or 1 ½ to 2 minutes in the microwave.



Instant

Finely cut oats

Microwave for just 90 seconds.



Steel Cut

Cut, and not rolled

Quaker Original Steel Cut Oats cook on the stovetop in about 25 to 30 minutes, while Quick 3-Minute Oats are ready in just 3 minutes.

Enjoy the Powerful Nutrition of the Oat

Oats aren't just for your breakfast bowl – this versatile whole grain offers endless possibilities to experience the goodness of oats any time of day. Find inspiration to cook with this delicious super grain with these ideas, or try our recipes at www.QuakerOats.com.



Cinnamon Pumpkin
Overnight Oats

● Savory

This tasty twist on traditional oatmeal can be enjoyed at any meal. Try stirring spinach, tomatoes, and low-fat mozzarella into your oatmeal, or top it with a poached egg, turkey bacon, and a sprinkle of shredded Parmesan.

● Lunch

Substitute oats for rice or quinoa for a delicious pilaf. Sprinkle chilled cooked oats on a salad or use them in a meat or veggie burger patty.

● Baking

Oats can add rich flavor and texture to breads, muffins, and more!

2. Ounce per ounce of oats; does not include inclusions such as fruit, nuts or flavors.